

ESI Technologies Team Rides 200 km to Conquer Cancer

ESI Technologies participate in the first ever Ride to Conquer Cancer benefitting Princess Margaret Hospital.



A small group of ESI employees and family members spent the weekend participating in the first ever Ride to Conquer Cancer (benefitting Princess Margaret Hospital). This two day 200km bicycle ride from Toronto to Hamilton, and then Hamilton to Niagara Falls caps a nine month fundraising effort by the riders. Together we raised over \$10,000 for ground breaking cancer research conducted at the Princess Margaret Hospital here in Toronto. Our \$10,700 was part of an amazing \$14 million dollars raised through the Ride to Conquer Cancer, which is going to help fight all types of cancer.

Our thanks go to our many individual contributors who included many of our own ESI colleagues. In addition we had generous donations from the management team here at ESI Technologies as well as our Distribution partner Avnet, and vendors Symantec and NetApp. Special mention to Greg Rokos and Gavin Hood for their support in helping us fundraise for this year's event.

Day One (Saturday) began with breakfast and assembling over 2,850 cyclists on the Toronto waterfront. After a brief but memorable opening ceremony all of us began our epic adventure. The team is pictured here just prior to the start. (From left, Kristina Dyrow, Lloyd Dyrow, Stuart Hayes and Jeff Becker).

With all different skill levels the times to ride were varied but fun, exhaustion and pride were experienced by all.

Saturday wound through the Toronto Waterfront, through Mississauga and into rural areas west of the Greater Toronto Area. There were several pit stops and amazing lunch provided along the way. The rest of us slugged it out on the hills and both descended (at speed) and then climbed the height of the Niagara Escarpment. There was a little bit of rain which made the race down the Escarpment a little bit more exciting. At least one of us reached 55 kph down the hill.

Camping with 2800 odd fellow riders saw quite a party atmosphere. The most moving point of the evening was the arrival of the day's last rider. A cancer survivor, complete leg 24 year old amputee who had ridden all way on a very heavy tricycle. A standing ovation from all riders, crew and staff that lasted for over 10 minutes.



Day two dawned very early with a 5:30 AM breakfast and 7:30 AM departure. A cool morning that turned into a beautiful day buoyed the spirits and made all the muscle aches go away. Riding through the beautiful Niagara wine country made for a beautiful day. Further wonderful pit and lunch stops. A final ride next the Niagara river brought us to the finish at Niagara Falls itself. The excitement of being greeted by family, friends and fellow riders was a great finish to the 200 km.

We have already signed up for next year, so if you like to or would like to cycle 200 km please let me know if you are interested in joining us to make L'équipe ESI épique (e³)!

Regards
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